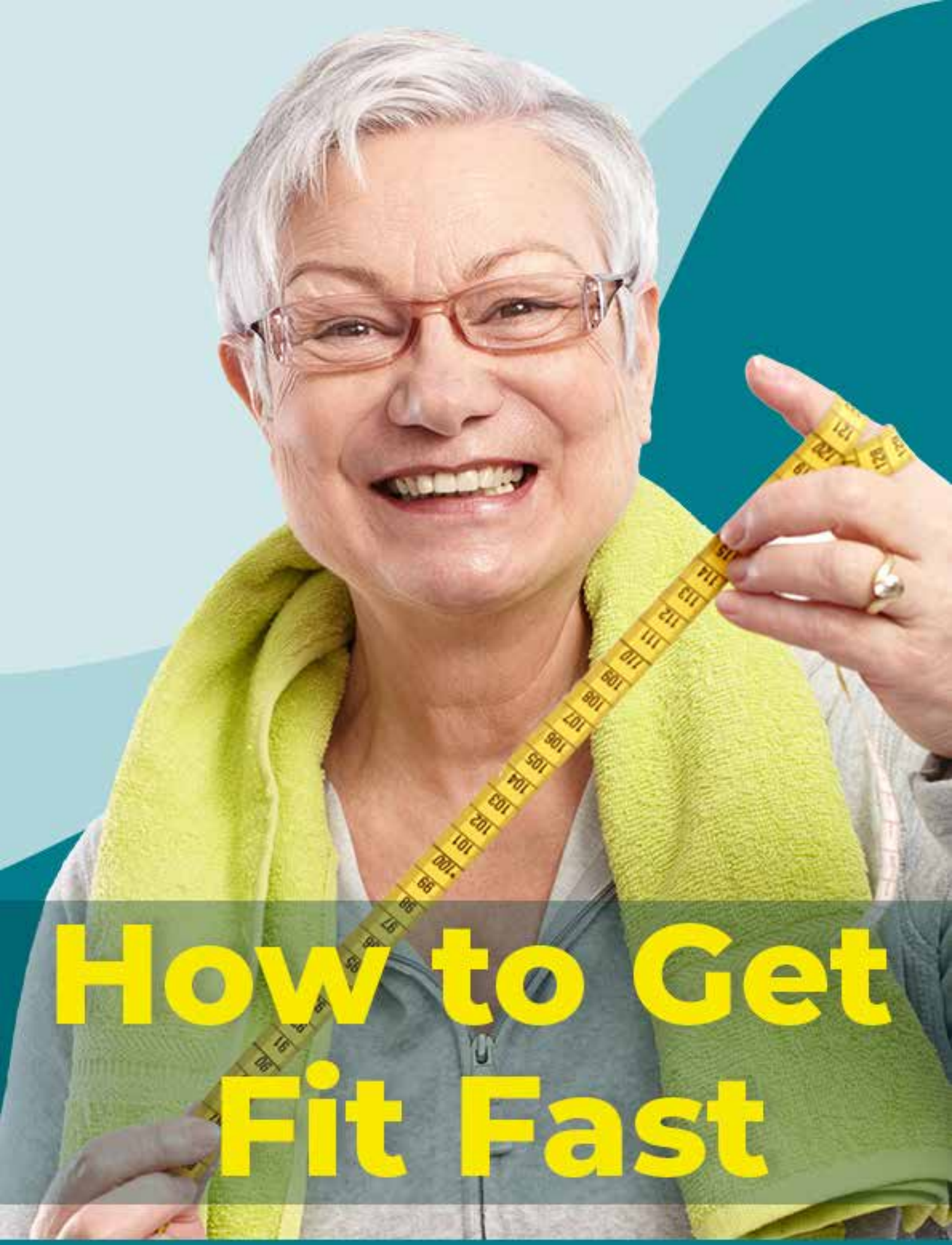

How to Get Fit Fast

PUREHEALTH®
RESEARCH

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by

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INTRODUCTION

You want to get in shape, but the thought of going through all that work can be daunting. After all, you've probably heard that **it will take a long time to get fit and healthy**. Maybe you worry that you don't have enough time to put into getting into shape, even though you know **how much better you will feel and look once you do**.

Here's one of the **biggest secrets to getting fit**. It won't take as long as you might think. However, there are caveats to this rule. First, you need to be **dedicated to your goal**. Second, you need to be sure you are doing it **the right way for the best, safest results**.

In the report that follows, you'll learn some of t**he best tricks to getting in shape faster than you thought possible**. All you need to do is make sure that you are dedicated to making some changes in your life. Don't worry. They are relatively simple, and they are good for you. Once you start to change your lifestyle, **you will like the way you look and feel, and you won't want to fall out of shape again**.

MAKE SURE YOU'RE READY FOR EXERCISE

Although all of the tips in this guide are safe and effective, **it doesn't mean that they are for everyone.** You need to be sure that you are healthy enough to engage in these types of exercises and activities. Talk with a medical professional to ensure you are capable of exercising at your current health level. If not, **ask the doctor about a plan that will work to get you into good enough shape** that you can then start exercising using these tips.

DON'T TRY TO BEAT THE SYSTEM

You want to get fit fast, but this doesn't mean that you should look for shortcuts on the way there. The tips in this guide will help you get to develop a healthy and fit body **naturally and quickly**. Don't attempt to bypass this and use "faster" methods like **dangerous fad diets, steroids, untested supplements, etc.**

START GETTING INTO GREAT SHAPE TODAY

Being physically unfit causes a range of problems for your **health and your mental wellbeing.** According to the CDC, being overweight or obese can cause issues like high blood pressure, high cholesterol, type 2 diabetes, heart disease, stroke, gallbladder issues, sleep apnea, breathing problems, and more[1].

The journey to better fitness begins here. If you are ready to make some changes in your life and you are committed to the tips included below, you will start to notice some big changes in the way you look and feel. **Once you start to change your lifestyle and become more active and begin to eat better, the body will respond faster than you might imagine.**

TAKE IT EASY IN THE BEGINNING

Although you are raring to go and to start getting fit, **you must use caution when you are getting started.** You don't want to do too much too soon, or it could end up causing an injury. After you start working out after a lapse in exercise, **your muscles will protest**. They will be sore because they have microscopic damage to the muscle fibers, **which causes soreness**. Delayed onset muscle soreness is common, and it can affect everyone, even people who have been exercising for years[2]. **It's often worse for those who haven't worked out in a long time.**

Therefore, you will want to start out slowly with any new exercise routine. **You want to be sure you don't cause a serious injury.** You also need to be sure that you are getting enough rest between exercise sessions.

This doesn't mean that you have to wait until all of the soreness disappears, though. Just be sure that you **aren't putting too much strain on the same muscle groups each day.** Switch up the types of exercises you are doing, so different parts of your body get to rest between workout days.

UTILIZE WEIGHT TRAINING

Although you might think that cardio activity would be the best option for losing weight and getting fit fast, **that's not the case**. You will find that **weight training is the better solution**. This doesn't mean that you don't want to engage in aerobic activities like biking or swimming, of course. It just means that you want to **add in some resistance training as a mainstay to your workout program.**

Even though you might burn more calories in a session of a cardio workout, **your metabolism could stay higher longer when you lift weights.** Weight training is also ideal for building muscle, and muscle burns more calories than fat. Thus, h**aving more muscle means that your body could utilize calories faster**[3].

If you are trying to save time with your weight training, whether you are at home or at the gym, **consider supersets**. A superset is when you perform two exercises back-to-back. This **speeds up the workout and can create a nice "pump" in the muscles**. You might want to use push-pull supersets, such as bench presses and back rows, or you could pair upper and lower body movements. This way, **one muscle group will be able to recover while you are working the other muscle group**.

HIGH-INTENSITY INTERVAL TRAINING

High-Intensity Interval Training (HIIT) is a period of intense exercise that can last from between 45 seconds to a couple of minutes followed by rest or a slower exercise for the same timeframe. You would then repeat these alternating sets for about 15 to 20 minutes. This type of training **shortens your workout time, amplifies the results**.

It could help to reduce your body fat better than other exercises, such as jogging, according to a study from 20124. There was another study in 2015 that showed **HIIT could improve cardiovascular and metabolic health**[5]. It is worth incorporating into your workouts at least once or twice a week to see how well it works for you. **Many find that it can help them to get fit faster than with other types of exercise.**

KEEP A FITNESS JOURNAL

One of the reasons you might struggle when trying to get fit quickly is because you **don't feel you're seeing immediate results.** It doesn't mean that those results aren't there, however. It simply means that **you aren't noticing them.**

By keeping a fitness journal that tracks your progress, you'll have **written evidence of the changes**. You can keep track of the amount of exercise you are doing, the weights you are lifting, your calories burned and consumed, and more. **You should also make note of how you feel.**

Consider taking photos about once a week, as well. After four to six weeks of following a fitness program, look at your before photo and compare it to your latest. You will see a difference if you are staying committed to making changes. **Seeing positive proof of success, even if it's small, inspires you to push forward.**

BE ACCOUNTABLE

If you are the only person that is **holding you accountable for getting fit,** you might not be seeing progress. You **might be a little easier on yourself** than you should be when it comes to things like skipping workouts or eating the wrong kinds of food.

To help with this, **consider sharing accountability with someone else**. This might be a family member or a friend that wants to work out and get into better shape along with you, for example. **If you have trouble holding yourself accountable, this is a good option.** Accountability partners encourage each other to continue and push to work out consistently. They share your hopes, efforts, and successes in reaching your goals. **And it turns into a fun experience!**

EAT THE RIGHT FOODS

Good nutrition is essential for being fit and for getting fit fast. The foods that you put into your body provide you with the energy for your workouts. Eating unhealthy foods means you won't have the right fuel for your body. You wouldn't put low-grade gasoline in a sports car, so **you shouldn't put low-quality food into your body**.

An article published in the Harvard Health Letter says that **eating breakfast can help to reduce the risk of heart disease, diabetes, and stroke**[6]. You also need to be sure you are eating the right amount of carbs and proteins each day, and that they come from healthy sources.

The Mayo Clinic says that **between 45% and 65% of your daily calories should be from healthy carbohydrates**[7]. They also suggest that you should choose fruits and vegetables with a lot of fiber, whole grains, low-fat dairy products, and legumes.

Protein is essential for building muscle, which helps you to stay fit, lean, and healthy. The Harvard Health Blog says that **you should eat about 0.36 grams of protein each day for every pound of weight**[8].

CHANGE YOUR DAILY ROUTINE

What are you doing during a normal day? If you are spending a lot of time sitting at a desk or sitting in front of the television, you **aren't going to be making any strides toward getting fit fast.** Instead of spending your lunch break and your other breaks through work sitting in the break room or at your desk, **get up and move around more often**. Take a walk during your breaks. Take a walk after dinner. Use the stairs at work if you can. Instead of sugar in your coffee, buy some stevia or monk fruit sweetener. **Or choose tea or water**. (Avoid chemical sweeteners at all costs. They can lead to weight gain and severe health hazards .)

Think about all of the things you are doing each day. How are you spending your time and what are you putting into your body? **You can make little changes here and there that start to add up and that will help to accelerate your journey toward health and fitness.**

KEEPING UP WITH EXERCISE

One of the problems that you might have is **sticking with the exercise once you start to get into shape**. You might find that you get bored with the same old routine. That's why you need to **change things up once in a while**. Find exercises and activities that you love, and they won't feel like working out. Options galore includes tennis, hiking, biking, swimming, aquafitness, squash, volleyball, dancing, Tai Chi, horseback riding, boogie boarding... **let your imagination soar.** Change up the machines that you are using for weight training.

By keeping things fresh, your mind and your body will never grow complacent with exercise.

CONCLUSION:

When you are committed to getting fit, and you use the easy tips talked about in this guide, **you can get into shape faster than you might have imagined**. It doesn't happen overnight, and it won't happen without you putting in the work.

However, by exercising more, keeping a journal, and eating right, you'll notice some major differences in the coming weeks. **Let those successes fuel your journey to ideal fitness now and for the rest of your active and vital life!**

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